



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
CITY SCHOOLS DIVISION OF BIÑAN CITY

FIRST QUARTER
Health Optimizing Physical Education
WEEK 3



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What is Moderate to Vigorous Physical Activity (MVPA)?

Moderate physical activity refers to activities equivalent in intensity to brisk walking or bicycling. Here are clues that your exercise intensity is at a moderate level:

- Your breathing quickens, but you are not out of breath.
- You develop a light sweat after about 10 minutes of activity.
- You can carry on a conversation, but you cannot sing.

Vigorous activity feels challenging. Activities like running, aerobic dance, cycling, bicycling uphill, and singles tennis are usually classified as vigorous. Here are clues that your exercise intensity is at a vigorous level

- Your breathing is deep and rapid / large increases in breathing
- You develop a sweat after only a few minutes of activity.
- You cannot say more than a few words without pausing for breath.

Benefits of moderate to vigorous physical activity in P.E.

- Engaging students in moderate to vigorous physical activity (MVPa) in P.E. prepares them to lead physically active lives and can improve health and academic outcomes.² Physical activity does not have to compete with educational goals; in fact, it can help students learn content by enhancing concentration skills and on-task behavior.
- Increasing MVPA in PE has the greatest potential for increasing health benefits for most students as it generates more energy expenditure; contributes to obesity prevention and muscular and bone development; reduces anxiety and stress; improves self-esteem, mood and concentration; and reduces the risk of chronic disease.



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- Activity-focused PE can contribute to academic performance, improved attendance and positive classroom behavior.
- Increasing MVPA in PE provides more opportunities to meet other PE goals such as motor development, increased fitness, skill enhancement and positive social interactions
- Regular physical activity of moderate intensity – such as walking, cycling, or doing sports – has significant benefits for health. At all ages, the benefits of being physically active outweigh potential harm, for example through accidents. Some physical activity is better than doing none. By becoming more active throughout the day in relatively simple ways, people can quite easily achieve the recommended activity levels.

Benefits of Regular Physical Activity

1. Exercise controls weight

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn. To reap the benefits of exercise, just get more active throughout your day — take the stairs instead of the elevator or rev up your household chores. Consistency is key.

2. Exercise combats health conditions and diseases

Being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. Regular exercise helps prevent or manage many health problems and concerns, such as stroke, high blood pressure, type 2 diabetes, depression, anxiety, arthritis and many types of cancer. It can also help improve cognitive function and helps lower the risk of death from all causes.

3. Exercise improves mood

Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious. You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

4. Exercise boosts energy

Regular physical activity can improve your muscle strength and boost your endurance. Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

5. Exercise promotes better sleep

Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just do not exercise too close to bedtime, or you may be too energized to go to sleep.

6. Exercise can be fun ... and social!

Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity can also help you connect with family or friends in a fun social setting. So, take a dance class, hit the hiking trails or join a soccer team. Find a



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physical activity you enjoy, and just do it. Try something new or do something with friends or family.

The bottom line on exercise

Exercise and physical activity are great ways to feel better, boost your health and have fun. For most healthy adults, the Department of Health and Human Services recommends:

At least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity, or a combination of moderate and vigorous activity. The guidelines suggest that you spread this exercise throughout the week. Examples include running, walking or swimming. Even small amounts of physical activity are helpful, and accumulated activity throughout the day adds up to provide health benefits.

Strength training exercises for all major muscle groups at least two times a week. Examples include lifting free weights, using weight machines or doing body-weight training.

Spread your activities throughout the week. If you want to lose weight, meet specific fitness goals or get even more benefits, you may need to ramp up your moderate aerobic activity to 300 minutes or more a week.

Remember to check with your doctor before starting a new exercise program, especially if you have any concerns about your fitness, haven't exercised for a long time, have chronic health problems, such as heart disease, diabetes or arthritis.



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